



### Product Spotlight: Free-Range Chicken

We source our 100% free-range chicken from Mount Barker, WA. It is deboned and packaged by local business Liberty Chicken.



## Thai Chicken Bowl

### with Satay Dressing

Diced chicken breast cooked with spring onions and served bowl-style with nutty brown rice, fresh vegetables, homemade satay sauce, chopped peanuts and lime wedges.



25 minutes



2 servings



Chicken

## Spice it up!

*To spice it up, serve this dish with your favourite hot sauce, a sprinkle of dried chilli flakes or slices of fresh red chilli!*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	52g	23g	76g

## FROM YOUR BOX

BROWN RICE	150g
LIME	1
PEANUT BUTTER	2 packets
RED CAPSICUM	1
LEBANESE CUCUMBER	1
CARROT	1
ROASTED PEANUTS	1 packet
SPRING ONIONS	1 bunch
DICED CHICKEN BREAST	300g

## FROM YOUR PANTRY

oil for cooking, ground turmeric, soy sauce (or tamari), sweet chilli sauce

## KEY UTENSILS

frypan, saucepan

## NOTES

You can blend this dressing using a stick mixer, or heat up in a saucepan to make it easier to combine (if needed!). For a creamy satay sauce, add 1/2 cup coconut milk or cream.



### 1. COOK THE RICE

Place **rice** in a saucepan and cover with water. Bring to a boil and simmer for 15–20 minutes, or until tender. Drain and rinse.



### 2. PREPARE THE DRESSING

Zest and juice 1/2 **lime** (wedge remaining). Add to a bowl as you go along with **peanut butter**, **2 tbsp soy sauce**, **2 tbsp sweet chilli sauce** and **2–3 tbsp water** (see notes). Whisk until combined.



### 3. PREPARE THE TOPPINGS

Slice **capsicum**. Deseed and slice **cucumber**. Julienne or grate **carrot**. Chop **peanuts** and set aside.



### 4. COOK THE CHICKEN

Slice **spring onions** (reserve green tops for garnish) and add to a frypan over medium–high heat with **oil**. Add **chicken**, **1/2–1 tsp turmeric** and **2 tsp soy sauce**. Cook, tossing, for 6–8 minutes until cooked through.



### 5. FINISH AND SERVE

Divide rice, chicken and toppings among bowls. Spoon over dressing to taste and serve with lime wedges.



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